



LAS VEGAS KIDS TIME

Take a **STEP** toward better **HEALTH**



Walking for as little as 30 **MINUTES A DAY** can:

- Elevate your mood
- Reduce your risk of coronary heart disease
- Improve your blood pressure and blood sugar levels
- Reduce your risk of osteoporosis, cancer, and diabetes

Second Sunday of Every Month

Bring water, sunscreen, and check the weather forecast to dress the family appropriately to walk outside.

Check NevadaAAP.org/calendar for seasonal changes to location.

Nevada Chapter

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



THIS MONTH: Dr. Pam Greenspon will present a brief, kid-friendly talk called Stop Vaping Now! Why e-cigarette use is never safe around kids and teens.

TIME: 10 – 11 am

DATE: Sunday, January 12, 2020

LOCATION: Springs Preserve, 333 S Valley View Blvd, Las Vegas

Meet in parking structure near entrance.

FREE!